Friendship Baptist Church To Be Organized Sunday

A Revival Meeting began last night, Wednesday, and will continue through Sunday morning at the Friendship Baptist Church located on Highway 727.

There will be different speakers each evening at 7:30 p.m. On Sunday morning the pastor, Rev. Earnie W. Lucas, will do the preaching. Following the morning service dinner will be served on the grounds.

At 3 p.m., Rev. H. W. Carey from Raleigh, North Carolina will bring the charge at the special meeting when the church is officially organized.

There will be a number of preachers present for this special occasion. Mr. Lucas will be called as the pastor of the church. He has pastored in the area for the past 16 years and has indicated that he loves the people in the community and plans to retire here someday if the Lord wills it.

Pastor Lucas and the entire congregation would like to take this opportunity to extend to their many friends in the community a cordial invitation to attend any or all of these special Revival Services.

Shown in the photo above in front of the new church are, left to right, Rev. Earnie Lucas, Mr. James Woodall, Mr. Jerry Long, and Mr. Milton Cyrus.

MRS. VINA KRESS OF ROUTE 2, APPOMATTOX is shown holding a tagged ballon found in her backyard this week. The message on the tag read as follows: "Dear Friends; If you find this, will you please send it back to the Parkview United Methodist Church, Peru, Indiana, 46970. Let us know who you are and where you found the ballon. God Bless You." On the other side of the tag were verses of scripture taken from the books of Mark and Matthew.

The ballon was sent by James Dice of the Parkview United Methodist Church.

Preserve those valuable papers have them laminated at the TIMES-VIRGINIAN, phone 352-8215.

For Fast Results Use The Times-Virginian Classified Page

Methodist Women To Meet Sept. 26

"We Can Do All Things Through Christ Who Strengtheneth Us", is the theme for the Farmville District United Methodist Women (UMW) Annual Meeting to be held at the Virginia United Methodist Assembly Center in Blackstone on Wednesday, September 26.

Dr. Beatrice Bland, ongoing President Farmville District UMW said, "The meeting will begin at 10:00 a.m. and conclude by 2:30 p.m.".

Mrs. Robert Pratt, member of the Women's Division Board of Global ministries, will be the main speaker.

Mrs. Robert Rankin, President Arlington District UMW, and Mrs. James Caufman, Virginia Conference Christian Personhood Coordinator, will be assisted by Mrs. Joanne Conners and Miss Marguerite Widdop in leading creative worship in the afternoon session.

Reservations for lunch, $2.75, may be sent to Miss Mary Cobbs, 200 South High Street, Blackstone, Va. 23824.

Zion Baptist Church

We are praying for our sick everywhere and may God strengthen our sick and shut in.

Regular preaching service was held at the Zion Baptist Church Sunday at 11 a.m. with Rev. William Thomas from Lynchburg, Va. Rev. Thomas subject was "Try Jesus". All present enjoyed the challenge message. The Junior Choir rendered beautiful music. The Male Choir sang several selections. Several visitors attended the service. Rev. Thomas gave time for testimonial and prayed special prayer for our sick and shut in. The offering was very good. The pastor aid will meet Wed. at 7 p.m. at the church. Mrs. Magnolia Franklin is still in a Charlottesville hospital and doing nicely. Mr. Oscar Patterson is receiving special treatment in a Richmond hospital. Also his wife Mrs. Susie Patterson in a Lynchburg hospial. Our sympathy goes out to Mr. Robert Jennings and family in the loss of his brother, Mr. Eddie Jennings funeral will be held Friday, at Chestnut Grove Church at 4:00 p.m.

The Senior Ushers Board will meet Sunday at 11:00 a.m.

Mr. Ed Mosley will enter the hospital on Monday.

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American Federal Savings & Loan announces a new 4 year money market certificate which pays more than any commercial bank can pay. Even more exciting, new regulations now permit lower minimum deposits on all certificate accounts. This means that you can buy this certificate for as little as $100. New regulations have also reduced the substantial interest penalty for early withdrawal of principal from new or renewed certificate accounts.

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*Average yearly fuel cost of operating 1979 LTD with 302 V-8 engine - $700.00 per year based on 15,000 miles per year.

*Average yearly fuel cost to operate a 1979 Chevrolet Chevette with 4 cylinder engine - $420.00 per year based on 15,000 miles per year.

*Figures derived From EPA Fuel Economy Estimates Dated January 1979.

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Good News For Homemakers

By Shirley W. Walton
Extension Agent

Spending Money During Inflation

Homemakers, during the next few weeks I will be sharing some information with you on how to fight inflation. I am looking for good suggestions from homemakers. If you will send me or call me with suggestions that you have found successful in fighting inflation, I shall be happy to share them with the homemakers in this column.

As inflation continues, consumers may feel that they have done everything possible to cope with the situation. In a recent informal survey, 53 young adults listed the action they had taken to adjust to the present economy. Their actions include the usual ones of spending less, saving less and shopping more sales.

There are several actions that most consumers can take in addition to the ones named by these people surveyed.

First, prepare for emergencies. Along with rent or mortgage payments, car payments and utility payments, put a certain amount into a savings account for emergencies. This should be paid to this emergency fund as regularly as payday comes. Usually the more difficulty a person has doing this, the more the emergency fund is needed. The amount to plan for depends on the income and the emergencies you expect. Most people have car repairs, equipment breakdowns and medical bills. The emergency fund should be used only for absolute necessities.

To make the remainder of your money easier to manage and even stretch farther, set up a revolving fund. It is those big expenses that come once or twice a year that throws our daily living expenses all out of kelta. Add the total amount for all such items, such as annual premiums on insurances, taxes and other expenses. Divide the total by the number of paydays per year. Each payday, faithfully put this amount of money into a fund of some type. It can be a passbook savings account or a special checking account or even a money market fund. Ear-mark this fund and your emergency fund if you use the same account. You should be greatly surprised how much easier you can manage the remainder of your money.

The third suggestion to cope with inflation is to write down all the money you spend for a period of three months. Some of you may say I do not have time for this. It is better to take a little time and analyze your spending patterns than not have enough money to take care of your needs. Add the totals for clothing and upkeep, food, utilities, recreation, gifts and transportation. You will be in for some surprises. You will probably find that you are spending 10% of your income on items that aren't too important. As you check your list, look for items like credit charges, coin machine items, meals eaten out just because of habit, spur of the moment purchases, bargains you don't need, shopping trips that are purely recreational and other habits. Then finally ask yourself how you can plan ahead for the next three months or even longer so that your dollars will buy your most important needs and wants. You will probably find that you can live better and spend less. These are just a few ways to fight inflation. As you find good successful ideas of how you can fight inflation for your family, please share these with us.

If you have a homemaking question or problem, you may call us at 352-8244 or write us at P. O. Box 488, Appomattox, Va. 24522. Homemakers, it is always a pleasure to hear from you and to work with you. Have a good week!

Recipe Of The Week
Golden Punch

1 large frozen orange juice - 8oz.
1 small frozen lemonade
1 large can pineapple juice
½ gallon hot water - heat to boiling
4 cups sugar
4 quarts ginger ale

Dissolve sugar in hot water. Mix in orange juice, lemonade and pineapple juice. Freeze. Partially thaw and add ginger ale. Serves 50.

Many thanks to Gwen Franklin for sharing this delicious and refreshing punch with us.

Use The Times-Virginian Classified Ads Get Results

Kate Williams Celebrates Birthday

Kate Williams celebrated her 11th birthday with a party recently at A. J. Skateworld. Attending were Kate Drew, Erica Heineman, Kim Thompson, Jennifer Williams, Bonnie Conner, Mrs. Williams, Scottie Ferguson, Robin Wright, Lacy Peale, Michelle Wallace and "Kate" the birthday girl. Everyone enjoyed the evening of skating and birthday refreshments.

EATING WELL

By Barbara L. Morlang, R.D., Ph.D.
Regional Public Health Nutritionist

Q. Because I have high blood pressure and retain fluid, I am on a low-salt diet. Please tell me some of the products that contain salt.

A. Many products on the market contain salt. Check the labels on the container, the symbol Na and the words "sodium" and "soda" indicate that the mineral is present. If you are in doubt do not hesitate to call your physician, the Public Health Nutritionist, or the dietitian in one of our local hospitals. Keep in mind that significant amounts of sodium are found in medicines and personal hygiene supplies such as: Alkalizers, Antibiotics, Cough Medicines, Laxatives, Pain Relievers, Sedatives, Toothpaste and Mouthwashes.

Here is a list of some of the sodium compounds and the products that they are found in.

Banking Powder
Sodium Chloride...Salt
Sodium Bicarbonate...Baking Soda
Brine (Table Salt & Water)...Corned Beef, Sauerkraut and Pickles
Di-Sodium Phosphate...Cheeses and Cereals
Monosodium Glutamate...Accent
Sodium Alginate...Chocolate Milk and Ice Cream
Sodium Benzoate...Ketchup and Relishes
Sodium Hydroxide...Loosen skins of Olives, Fruits and Vegetables
Sodium Propionate...Prevent mold in pasteurized cheeses, breads and cakes
Sodium Sulfite.....Bleach fruits, then add color such as Maraschino Cherries and glazed fruits; also some dried fruits Soups and Canned Meats

Q. What are some of the spices that a person on a low-salt diet can use?

A. There are many flavorings, extracts, herbs, and spices that you might want to try--here are just a few: Allspice, Basil, Chili Powder, Cinnamon, Cloves, Garlic, Ginger, Mustard, Nutmeg, Onion, Oregano, Paprika, Parsley, Pepper, Vanilla extract and vinegar.

You might also want to try this special seasoning recipe. Blend all the ingredients well.

½ cup paprika
½tsp. oregano
½ tsp. dry mustard powder
½ tsp. thyme
½ tsp. black pepper
½ tsp. chili powder
½ tsp. garlic or onion powder
½ tsp. curry powder

Use a small amount on over-baked chicken, hamburger patty, meat loaf or in vegetable soup.

The next time you prepare a delicious dessert, there is no need for low-sodium dieters to be left out. If you use a low-sodium ingredients, the whole family can enjoy traditional favorites like Crunchy Apple Crisp.

Crunchy Apple Crisp

4 cups sliced peeled tart apples
¼ cup orange juice
½cup quick-cooking rolled oats
¼ cup all-purpose flour
¼ cup granulated sugar
1 teaspoon finely shredded orange peel
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
½ cup unsalted butter or margarine
¼ cup packed brown sugar

Mound apples in 8-inch round baking dish; sprinkle with orange juice. Mix oats, flour, sugars, peel, and spices. Cut in butter or margarine till mixture resembles coarse crumbs. Sprinkle over apples. Bake in 375° oven 45 minutes. Serve warm. Makes 6 servings.

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Virginia Fibre Reports Weekly Wood Purchases

Listed below is the total dollar volume of wood purchased by Virginia Fibre Corporation of Riverville for the week ending September 9, 1979. Purchases are listed by counties.

Albermarle	3,804.92
Amelia	4,914.70
Amherst	4,455.33
Appomattox	6,437.88
Augusta	362.05
Bedford-County	413.66
Buckingham	9,817.63
Campbell	6,623.35
Charlotte	3,954.87
Cumberland	5,729.25
	1,570.98
Fluvanna	646.36
Goochland	1,565.50
Halifax	1,231.82
Mecklenburg	1,153.06
Nelson	3,996.00
Pittsylvania	378.51
Powhatan	3,478.30
Prince Edward	5,651.54
Prince William	587.92
Rockbridge	349.87
	67,123.50

We feel this information will be of interest to our readers in Appomattox County and in the adjoining counties.

CLASSIFIED ADS GET RESULTS

Union Hill Baptist Church To Observe Homecoming

Homecoming will be observed at Union Hill Baptist Church on Sunday, September 30. You are invited to come and share in this special day of worship, praise, music, food and fellowship. Schedule for the day will be worship service at 10:00 with Rev. Omer Burnett bringing the message. This will climax our weekend revival which will begin Wednesday evening, September 26th at 7:30 p.m. and continue through Saturday evening with Rev. Burnett guest evangelist. 11:00 Presentation of Historical Events. 12:15 - Dinner to be served in the Fellowship Hall.

We're looking forward to having you come and join us for our Homecoming '79 and sharing with us in this special day in the life of our church.

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Wednesday— Fun Night 7:00 P.M. to 10:00 P.M.
Thursday— 7 P.M. to 10:00 P.M.
Friday— 7 P.M. to 10:00 P.M. 9 P.M. to 12:00 P.M.
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